

Dodgeball-Blocking with a Ball

<p>Learning Objectives:</p> <p>1. How to block using the ball</p>		
<p>Learning outcomes: (success criteria)</p> <p>1: Develop blocking techniques using the ball</p> <p>2: Select and apply tactics for blocking with the ball in conditioned games</p> <p>3: Develop confidence in blocking with the ball and protecting rest of team</p> <p>4: Pupils analyse and comment on others' performance</p> <p>5: Pupils explain how Dodgeball contributes to their health and well being.</p>		
<p>Entry activity (mins); starter (mins):</p> <p>Blocker Ball (hold the ball with two hands inside the line of the body)</p> <p>2 players blocking the rest of the group attempting to hit the blockers or knock the ball out of their hands.</p> <p>When a blocker is out swap over with the player who got them out.</p> <p>Other players cannot move with the ball.</p> <p>How does Dodgeball contribute to Health and Fitness?</p>	<p>Resources: (inc. ICT used to move learning forward)</p> <p>2 x blocking balls (different colour)</p> <p>3 x Dodgeballs</p>	<p>Differentiation / Students <i>(Identify students or groups of students for each box)</i></p> <p>More/less blockers.</p> <p>Condition the throws i.e. underarm.</p> <p>Increase/decrease size of the area.</p> <p>Size of the blocking ball.</p> <p>Number of throwing balls.</p> <p>Components of fitness.</p> <p>Specific examples.</p> <p>Demonstrate examples.</p>
<p>Main (mins):</p> <p>Dodge-Run-Block (spread fingers around the ball)</p> <p>A team of blocking players and a team of throwing players</p> <p>The blocking team have to try and get balls in the Dead Ball Zone whilst avoiding being hit by the throwers.</p> <p>The throwers have to aim at the blocker but also three targets behind the blocker that they're attempting to protect.</p> <p>Once all three targets or all blockers have been hit then the teams</p>	<p>Cones x 10 in Dead Ball Zone</p> <p>Targets x 3</p> <p>Dodgeball court</p> <p>Dodgeballs x 3</p>	<p>Size of the targets.</p> <p>Every time the blockers puts a ball into the Dead Ball zone one of the throwers is eliminated.</p> <p>Number of throwing balls.</p> <p>Players to retrieve balls.</p>

<p>swap roles</p> <p>(hand is part of the ball so also use to block)</p>		
<p>Throwers/Blockers/Catchers (incoming balls contact on the top half of the blocking ball)</p> <p>Divide the court into three areas – 1 area for each role. Throwers have to try and hit the blockers. Blockers have to try and deflect the incoming balls Catchers have to catch a ball that deflects off a blocking ball The practice runs as a circuit, so if a thrower hits a blocker on the body they become a blocker. If a blocker gets hit they become a catcher If a catcher manages to catch a deflected ball they become a thrower.</p> <p>(make it easy for catchers to gain possession)</p>	<p>4 blocking balls – should be a different colour 10 throwing balls Divide the group into 3 Divide the space into three with cones, lines etc.</p>	<p>Number of blockers, throwers and catchers Number of balls If loose possession become a catcher Have to knock the ball out of their hand to get them out</p>
<p>Capture the Flag (keep moving and make self as small as possible)</p> <p>Each team has a flag on their side of the court Only 1 player can enter their opponents side of the court at any time and attempt to retrieve the flag. They may carry a ball to protect themselves but must drop the ball as soon as they pick up the flag. They must get the flag back to their side of the court without being hit.</p>	<p>2 x flags – cones, player etc. 1 x Dodgeball court 3 x Dodgeballs</p>	<p>Increase the number of flags. Can keep the blocking ball. Size of the flag. Size of the blocking ball.</p>
<p>Invisiplayer (sieve – protect the players behind you)</p> <p>Each team selects 2/3 blockers who must protect the rest of the team. They cannot go out. Normal rules apply.</p> <p>(positioning in middle)</p>	<p>4 blocking balls – should be a different colour 6 throwing balls</p>	<p>Go out if the ball is knocked out of their hands Go out if they give possession back to the other team Number of invisiplayers on each team</p>

Plenary (mins):

Blocking teaching points and tactics
Who managed to keep hold of the blocking ball?
Levels – peer and self assessment
Pupils com
Dodgeball as a contributor to health and well being

Watch a team performance and comment on components of health related fitness.